

# BARSTOW LOG

SERVING A MARINE CORPS REINVENTION LAB

Vol. 4, No. 49

Marine Corps Logistics Base Barstow, California

October 19, 2000

## CO Speaks

Base commander clears up questions about hiring practices at the Contracting and Purchasing Division.

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## Commander's Corner

Col. Ervin Rivers is awarded Legion of Merit by Commandant of the Marine Corps.

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## Training Time

Base Marines climb like spiders, then shoot various Marine weapons during two-day training evolution.

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<http://www.usmc.mil>



<http://www.bam.usmc.mil>



Photo by Cpl. Brian Davidson

Guest speaker Capt. Patricia Netzer, Executive Officer, Naval Hospital, Camp Pendleton, Calif., watches as the oldest sailor, 93-year-old Ernest Schelander, assisted by the youngest sailor, HN Apolinario E. Enguillado and John Heltsley, veterans' home administrator, cut the birthday cake in traditional fashion.

## Navy celebrates 225th birthday

By Cpl. Brian Davidson  
BARSTOW LOG staff

Base Sailors joined with their comrades at the Veterans Home of California – Barstow in celebrating the Navy's 225<sup>th</sup> Birthday Friday morning.

All hands from the MCLB Barstow Branch Medical Clinic paused from their daily duties at the base to share the tradition birthday cake and reflect on their Naval traditions.

Guest speaker Capt. Patricia H. Netzer, Naval Hospital Camp Pendleton executive officer, reminded the mass of the rich Naval tradition they share, and how it influenced the course of the nation.

"We became a collective entity. Our armed forces is a part of making that collective free," said Netzer.

According to Netzer, the cost of that freedom is great, and the overshadowing deaths and injuries to the Sailors of the USS Cole afloat in the Persian Gulf is a distinct reminder of the cost that some pay.

Bill Jackson, American Legion Post 855 commander, emphasized that serving one's country is an honor that men and women in uniform embrace despite the risk of harm to self.

"Today is the Navy's 225th birthday," said Jackson. "It is an occasion to honor the those who have guarded our country in the past and those who have pledged to do so today," he said before asking attendees to pray for those who died in the USS Cole bombing in Aden, Yemen, last week.

Apart from remembering the dead and injured of the USS Cole in the ceremony, Lt. Cmdr. Sally Roldan,

Branch Medical Clinic officer in charge, took the opportunity to remind the crowd of the positive direction the Navy has to offer its Sailors and the differences it has made in her life.

"In my earlier years as a Sailor, I have always found leaders to look up to," said Roldan. "I have been able to fulfill my educational goals."

In his first year of service, Hospitalman Eddie Delapena, corpsman, agreed that he has already experienced some of the changes Naval service can inspire, but he believes that tradition has a lot to do with it.

"There is a lot of tradition that comes into mind from celebrating our 225<sup>th</sup> birthday," he said. "In celebrating our birthday here at the veteran's home, we are celebrating with the very men and women who served and fought in World War II and Korea – they are heroes. Hearing their sea stories and telling them about today's Navy is sharing traditions. That's what birthdays are all about."

The highlight of the celebration was the cutting of the birthday cake. The oldest Sailor assisted by the youngest Sailor drew a Naval officer's sword from its scabbard and sliced the cake in traditional fashion.

"It is very unfortunate that we are celebrating our first birthday of the new millennium the day after the terrorist attack against our fellow Sailors," said Hospitalman Apolinario E. Enguillado, the youngest Sailor present. "Because of this event I can say that I will never forget this day, and I do hope that some day, very soon, we will track down those who perpetrated what we all see as a very cowardly act."

## FMA seeking top managers

By LCpl. Cory Kelly  
BARSTOW LOG staff

When one is posed with the question of "who is the best leader on base?" he often finds himself looking to his immediate supervisors to see if they fit the bill.

One may begin evaluating whether or not their boss does things the right way. They may wonder how effectively their boss communicates with his workers, how motivating he is, or how innovative his ideas are. From there they may think about past experiences and begin weighing their bosses' professionalism against other supervisors they have had.

But then there are those who would only have to take a few seconds to reflect on their bosses performance and know "my boss is the best."

If you think you have a boss like that, one whose ability to delegate authority and sense of mission accomplishment and troop welfare are above and beyond the rest of Barstow, nominate them to be this year's Federal Manager of the Year.

Donna Wilder, Federal Manager of the Year board member, says to all of Barstow, wrench turners and janitorial staff included, "If you feel somebody you know is doing an outstanding job of managing or supervising then you should make that recommendation and nominate them for the award.

"And I'm not talking to just department heads and division heads, but everybody that knows somebody who is doing a great job. Nominate them."

According to the release on the criteria and procedures for the Federal Manager of the Year award, the only managers and supervisors exempt from receiving the award are directors and deputy directors.

If you would like to make a nomination for the Federal Manager of the Year, military or civilian, or you would like more information about the criteria and procedures for making a nomination contact one of the following board members:

Name	Phone
Donna Wilder	577-6638
Connie Zamora	577-6657
Bob Wyman	577-6866

**PROCLAMATION**

Domestic Violence Prevention Month in the Marine Corps  
October 2000

**O**ur campaign against domestic violence is succeeding. Several years ago, all military services stepped up their efforts to end domestic violence, and the Marine Corps led the way.

**We** are beginning to see some results: the number of family violence cases in the military has declined since the mid-1990's; the Marine Corps' number of substantiated abuse cases dropped significantly.

**O**ur leadership is important. What we accomplish in the Marine Corps can have positive results in the civilian community as well. Everyone at this installation must be a role model for what is right when it comes to preventing domestic violence.

**O**ur command's commitment to eliminate domestic violence is total. Violence in our military families undermines our military objectives. In 43% of all reported spouse abuse cases children witness the violence; in other words, violence between intimate partners does violence to the children in the home. One more reason that our campaign against domestic violence must succeed.

**A**braham Lincoln's famous saying, "A house divided against itself cannot stand" holds a similar warning for the results of domestic violence. Not only does domestic violence tear homes apart, it also tears at the entire military community. Each and every one of us must take a role in prevention. When it comes to domestic violence, no one is an innocent bystander.

**O**ur campaign for 2000, therefore, declares, "There is No Room for Domestic Violence in the Marine Family." To further our objective, I hereby proclaim October 2000 as Domestic Violence Prevention Month at the Marine Corps Logistics Base, Barstow and call on every member of this community to join in the campaign.



**MARK A. COSTA**  
Colonel, U. S. Marine Corps  
Commanding

**Just doing my job ...**



Photo by Cpl. Brian Davidson

Curt Lambert, base photographer, records construction, demolition, promotion ceremonies, and other historical events for posterity. Lambert has been a base photographer since December 1984.

**THE COMMANDER'S FORUM**

The "Commander's Forum" is a tool of the Base Commander to hear and address the concerns of base residents, employees and others. To contact the Commander's Forum, call the hotline at 577-6535 or send your concerns via e-mail to SMB Barstow Commanders Forum.

**T**he following questions were raised concerning a potential hiring at the Contracting and Purchasing Division:

**Q:** Why is the command hiring from outside when you might have someone from I&L or another department that will need a job after the Most Efficient Organization (MEO) is put into place?

**Q:** Didn't the CO say he would be looking out for the current work force? Doesn't sound like it!

**Q:** I hear HQMC will be paying this individual's salary because they would be in training. It does not matter because if HQMC cannot find a job for this individual somewhere else they have to be placed at MCLB.

**Q:** I can't believe that no one at C&P could not qualify for the contracting officer's job or that no one on base is capable of learning the contracting and purchasing job.

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**Our Children,  
Our Heritage**

By **Lt. Elmon R. Krupnik**  
Base Chaplain



On October 4 I attended a Luncheon for Hispanic Heritage Month. The theme of the Luncheon was, "Children, Our Hope for the Future."

Along the walls of the room were pictures of the children and relatives of employees at the logistics base. Each picture was accompanied by a short bio of the person's successes. I thought, what a great way to celebrate the

heritage.

The Bible discusses our heritage. Psalm 127:3-5 states, "Children are a heritage from the Lord, children a reward from him. Like arrows in the hands of a warrior are children born in one's youth. Blessed is the man whose quiver is full of them."

Our children are our legacy. It is my hope as parents that we build on our heritage to work to give our children a better life than we have had just as previous generations have done for us.

As we work, fight, and struggle for better opportunities for our children, our community as a whole improves.

In addition to providing our children with an Earthly heritage, we need to provide them with a spiritual heritage.

I Peter 2:5 states, "You also, like living stones, are being built into a spiritual house to be a holy priesthood offering spiritual sacrifices acceptable to God through Jesus Christ."

We also have a spiritual heri-

tage of our faith in God that needs to be passed on to our children. Our children will not be complete until they receive both our earthly heritage and our spiritual heritage. It is never too late to start a spiritual heritage, to develop a relationship with God to pass on to our children.

I hope that each of you develops a relationship with God to enable you to pass on both your Earthly heritage and your spiritual heritage to your children. Both need to be passed on and strengthened in our children for our community to improve.

Blessings to all,  
Chaplain Krupnik

**Chapel Hours**

Protestant Sun. 8:30 a.m.  
Catholic Mass Sun. 10:30 a.m.

**Confession services  
before Mass**

**Yermo Bible Study**

Wednesday 11 - 11:30 a.m.

At the Colonel's Workshop

For more info call  
Don Brooks at 577-7165.



Marine Corps Logistics Base Barstow, California  
Colonel Mark A. Costa, Commanding Officer

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For information on advertising in **BARSTOW LOG**, contact Paul Kinison of Aerotech News, Lancaster, Calif., phone: (661) 945-5634.

# NEWS BRIEFS

"News Briefs" is designed to disseminate information to the MCLB Barstow community. Submissions should include a point of contact and phone number, and be received by noon, Friday for the next issue. Submit news briefs via e-mail to [editor@barstow.usmc.mil](mailto:editor@barstow.usmc.mil).

## Career Changes

Facing Changes in Your Career, a training session you cannot afford to miss, is being offered to all base employees Tuesday from 8 a.m.-3:30 p.m. at the Oasis Club. This is the same training that Defense Logistics Agency and Installation and Logistics Department personnel recently received.

Each class is limited to 80 participants, so get a reservation in to your division training coordinator as soon as possible.

For more info call the Personal Services Division at 577-6533.

## Blood Drive

The next blood drive is November 2, from 11:30 a.m.-2:30 p.m. in Building 44's Aerobics Room and from 11:30 a.m.-3 p.m. at the Maintenance Center.

Contact your Department Administrative Officer to volunteer for the blood drive. Volunteer lists must be in by October 27.

## Octoberfest

The annual Octoberfest celebration is at the Oasis Club October 20 from 7 p.m. until everyone gets tired and leaves.

Food serving starts at 7 p.m. followed by fun and games at 8.

For reservations call GySgt. Russell S. Rayford, 577-6418 or the Oasis

Club, 577-6432.

## Tortoise and Hare Fun Run/Walk

The Barstow Boys and Girls Club presents the 2nd Annual Tortoise and Hare Fun Run/Walk November 4 starting at the Barstow Mall on East Main Street, at 8 a.m.

The events are broken into 5K, 10K, and 15K walks/runs.

Registration forms are available at the Barstow Boys and Girls Club, Foster Freeze, the Barstow Area Chamber of Commerce, and the Barstow Mall. Registration forms are also available on the Internet at <http://www.homestead.com/tortoiseandhare/index.html>.

For more info call the Barstow Boys and Girls Club, 255-2422, or Mike Lewis, 256-2648.

## T4T Poker Run

An off-road poker run to benefit Toys for Tots is planned October 28 and 29.

The route has two loops, approximately 25 miles each. One route is for four-wheel drive vehicles and the other is for motorcycles and ATVs. Both routes begin and end at the Slash X Cafe, 28040 Barstow Road.

A dinner is planned for October 28 at 5 p.m. at the Slash X, and breakfast is at 7 a.m. on October 29.

For more info call Mal or Connie



Wessel, 252-3093, or the Slash X Cafe, 252-1197.

## E/MSS PIN reissue

Employee Member Self Service is a Web-based, paperless initiative which allows Marines and Department of Defense civilian employees to access current pay information and make selected changes to their pay info. EMS/S also allows members to view and print a

Leave and Earnings Statement before the paper copy is available.

Temporary personal identification numbers for accessing the EMS/S were mailed out to active duty and reserve Marines in March. Those temporary PINs expired 120 days after issue. Personnel who did not access their info and change the temporary PIN in that time will be issued a new temporary PIN through their Disbursing Officer and

Administrative Section.

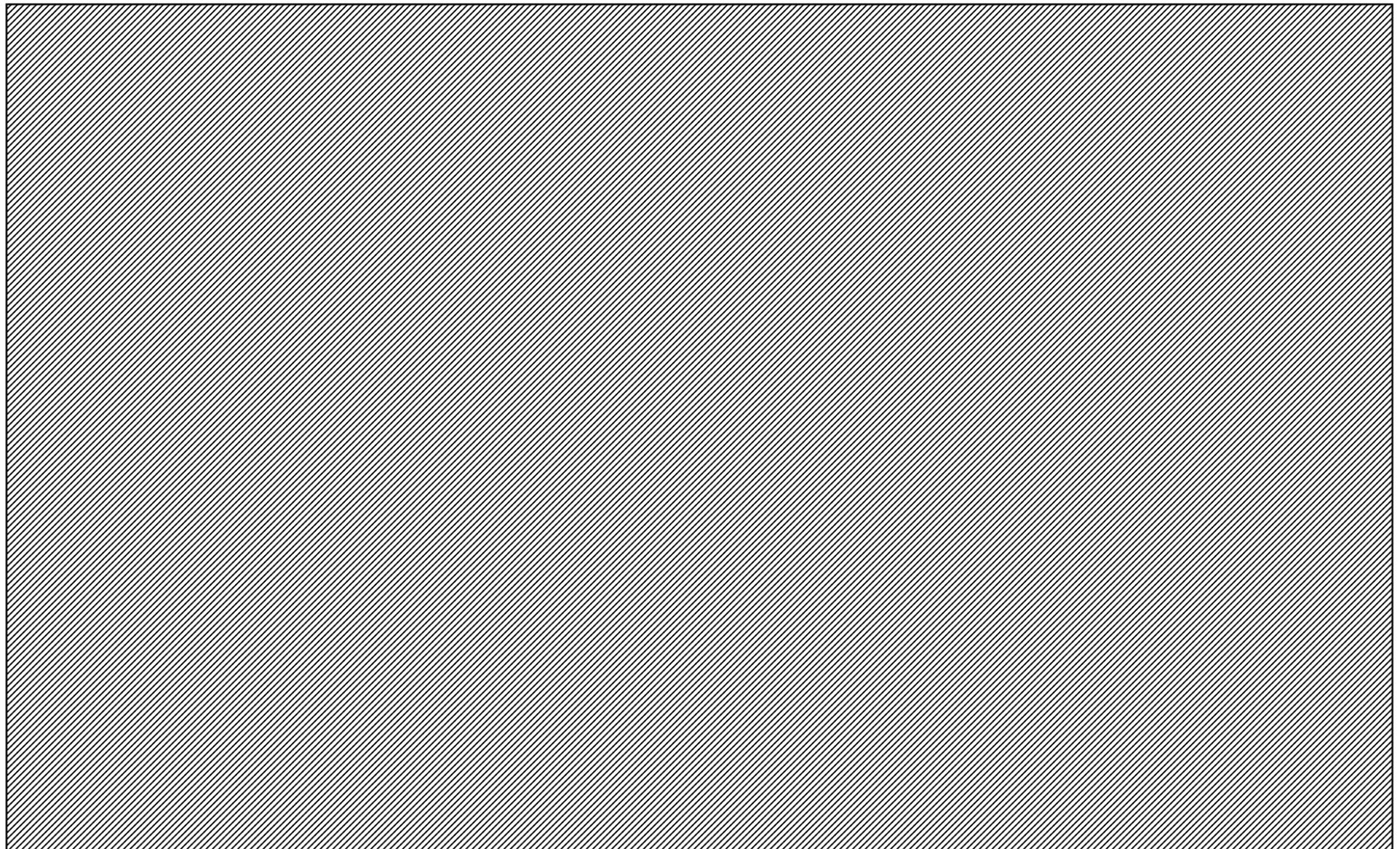
The new PINs should be issued with the Marine's October LES.

For more info call Disbursing, 577-6115.

## Leave Donations

Frank P. Montenegro, Maintenance Center, has been affected by a medical

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# Bad attitude is life's only real disability

By Randy Meyer  
Comptroller's Office

"The only real disability in life is a bad attitude," states Kathleen Healey, Disability Sensitivity/Awareness trainer, "And it's all more mentally crippling when it's directed toward others."

Healey has worked directly with the Department of Rehabilitation for the past five years covering the cities of Covina, Industry, Laverne, Ontario, Compton, Bell, and East Los Angeles. Her main focus is training the employers of Southern California to hire, maintain, retain people with disabilities, and help present employees overcome their bias, misassumptions and misgivings in order to work with people with disabilities.

Healey teaches "Windmills" – a high-impact, attitudinal training program developed by the California Governor's Committee for Employment of Disabled Persons. The training focuses on attitudes and human factors, and

concerns issues like legal requirements and accommodations for people with disabilities.

It also incorporates language and requirements of the Americans with Disabilities Act of 1990.

Although recent federal and some state laws prohibit discrimination against persons with disabilities, attitude remains the most significant barrier to employment. Windmills seeks to remedy such attitudinal barriers.

Sensitivity training is important for all co-workers, supervisors and managers so they can challenge their mental attitude toward people with disabilities and not feel burdened working with a new employee differ-

ent from themselves. On October 25, Healey is conducting an all-day class of disability sensitivity training at the Oasis Club.

The morning session focuses on visible disabilities, such as blindness, hearing impairment, and requiring the use of a wheelchair.

The afternoon session focuses on the development of incorporating people with disabilities into the work force and working with people with emotional and mental disabilities such as depression, mental illness and retardation. The audience will be able to initiate questions as well as be asked questions.

They will be asked to participate in exercises that leads to awareness of the limitations of disabilities and learn that it may not be as limiting as believed for the job.

Most importantly, they will be challenged by a new awareness of people with disabilities and realize their potential to work is not always limited.

Enroll in this class through your department training coordinator.

## Disabled Employee Awareness Luncheon

Kathleen Healey is the featured speaker at the annual Disabled Employee Awareness Program luncheon October 25 at 11 a.m. in the Oasis Club. She will talk on the fears, biases, and myths created around people with disabilities that prevent them from reaching their full potential.

Luncheon tickets are \$7, and the main entree is choice of Chicken Cordon Bleu or Chef Salad. Tickets may be purchased from the following DEAP committee members:

Name	Department	Phone
Rick Wilson	I and L Dept	577-6221
Colleen Donnelley	Maintenance Center	577-7303
Richard Kastner	Maintenance Center	577-7208
Randy Meyer	Comptroller	577-6366
Mike Olguin	Fleet Support Division	577-4004
Michelle Noice	Information Systems Office	577-6988
Marva Johnson	Human Resources Office	577-6965
Lucianna Wais	Human Resources Office	577-6487

# 'What's the good word?' None, in PC security

By Jim Garamone  
American Forces Press Service

WASHINGTON – "What's your computer password?" the helpdesk person asked the young NCO.

"Just key in 'PASSWORD,'" the young NCO answered.

It's exchanges like this that give network administrators fits. It's a cyberworld and protecting information is at the heart of the trust people put on information gleaned from computers. You wouldn't leave your wallet lying about or leave your car unlocked, but people – often smart people – leave their computers unsecured.

Air Force Master Sgt. Jeff Hoopes is the security manager for the Defense Information Systems Center here. He has a number of common sense precautions people should take to safeguard their computers. While his suggestions are aimed at home users, they can also be applied at the office.

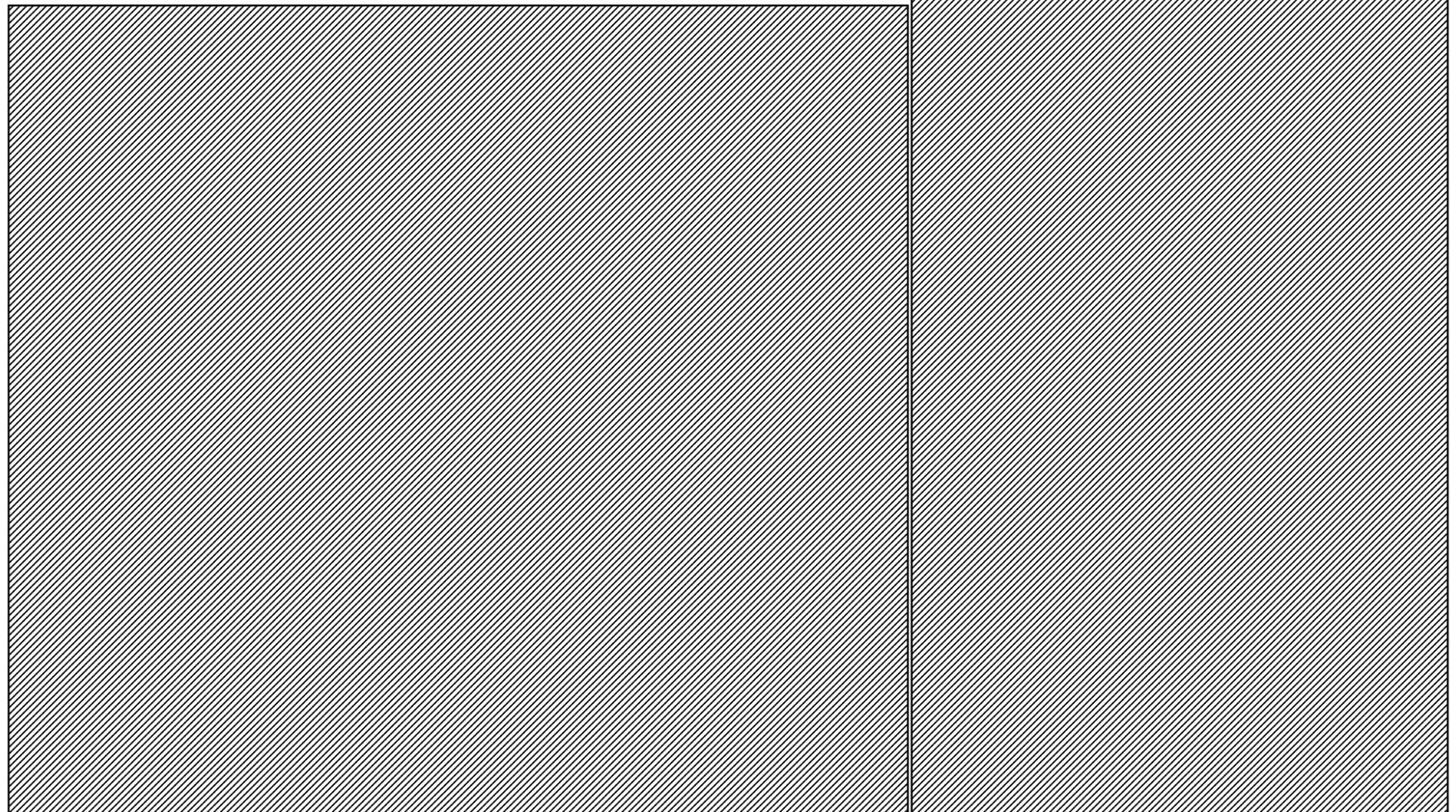
Hoopes said people should avoid suspicious e-mail with attachments from anyone. "A virus can often come from a trusted source that was infected," he said. The "I love you" virus, for example,

spread by attaching to e-mail addresses in users' personal address books.

Passwords are the first line of defense for computer users. Hoopes said computer users should have a "strong" password that does not contain any word found in a dictionary or used in a normal conversation. He said reversing a word or name can still be easily cracked. "A strong password should also contain a mix of numbers, upper and lower-case letters and special characters with a minimum of seven characters," he said. "Ktr#i9Q" is an example of a strong password.

Don't tape your password up next to your machine, Hoopes said. And avoid using the same password for every site. He advised users to install anti-virus software and apply vendor updates as they become available. Have your system scanned for viruses regularly. He said users should apply security patches to update their operating system and applications as needed. He suggested visiting <http://www.zdnet.com>.

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## JOB WATCH

Annuc No.	Title/Series/Grade	Open	Close	1st Cutoff	Location
DEA-411-00	Equipment Cleaner WG-7009-05 (Term NTE 366 days)	08-24-00	11-30-00	09-14-00	MCLB Barstow
DEA-411-00	Painter Helper WG-4102-05 (Term NTE 366 days)	08-24-00	11-30-00	09-14-00	MCLB Barstow
DEA-411-00	Motor Vehicle Operator WG-5703-08 (Term NTE 366days)	08-24-00	11-30-00	09-14-00	MCLB Barstow
DEA-411-00	Heavy Mobile Equipment Rep/Mech WG-5803-05/08/10 (Term NTE 366 days)	08-24-00	11-30-00	09-14-00	MCLB Barstow
DEA-411-00	Instrument Mechanic WG-3359-11 (Term NTE 366 days)	08-24-00	11-30-00	09-14-00	MCLB Barstow
DEA-411-00	Preservation Servicer WG-7006-07 (Term NTE 366 days)	08-24-00	11-30-00	09-14-00	MCLB Barstow
DEA-411-00	Materials Handler WG-6907-05/06 (Term NTE 366 days)	08-24-00	11-30-00	09-14-00	MCLB Barstow
OTR-109-00	Equipment Cleaner WG-7009-05 (Temp NTE one year)	08-24-00	10-30-00	09-22-00	MCLB Barstow
OTR-109-00	Preservation Servicer WG-7006-07 (Temp NTE one year)	08-24-00	10-30-00	09-22-00	MCLB Barstow
OTR-109-00	Motor Vehicle Operator WG-5703-08 (Temp NTE one year)	08-24-00	10-30-00	09-22-00	MCLB Barstow
OTR-109-00	Heavy Mobile Equipment Rep/Mech WG-5803-05/08/10 (Temp NTE one year)	08-24-00	10-30-00	09-22-00	MCLB Barstow
OTR-109-00	Painter Helper WG-4102-05 (Temp NTE one year)	08-24-00	10-30-00	09-22-00	MCLB Barstow
OTR-109-00	Instrument Mechanic WG-3359-11 (Temp NTE one year)	08-24-00	10-30-00	09-22-00	MCLB Barstow
OTR-109-00	Material Handler WG-6907-05/06 (Temp NTE one year)	08-24-00	10-30-00	09-22-00	MCLB Barstow

Applicants interested in announcements beginning with DEA or OTR should submit their resume to:

**Human Resources Service Center, Southwest**  
**ATTN: Code 522 (announcement number)**  
**525 B Street, Suite 600**  
**San Diego, CA 92101-4418**

For more information concerning public job announcements visit the Self-Service, Bldg. 37, Monday through Friday from 7 a.m.-3:30 p.m. or call the Human Resources Office 24-hour employment information line at 577-6919.

If you have Internet access, browse to <http://www.usajobs.opm.gov>.

For information regarding Open Continuous Merit Promotion announcements point your browser to <http://www.donhr.navy.mil>.

## Keys to undamaged gifts: Mail holiday packages early and pack carefully

**By SSG. Kathleen T. Rhem, USA** SAM parcels must be less than 15 pounds and 60 inches in length and girth combined.  
 American Forces Press Service

WASHINGTON – Everybody has good intentions when selecting and sending gifts, but good intentions will carry one only so far if packages arrive too late or damaged.

To assist people in sending gifts out on time, Military Postal Service Agency experts each year publish deadlines to get cards and packages in the mail. To ensure cards and packages arrive at their destination by Christmas, experts recommend the following guidelines.

- Ship standard mail packages going to military APO and FPO addresses by Nov. 6.

- Send space-available mail or SAM by Nov. 27.

- Send parcel airlift mail or PAL by Dec. 4.

- Mail first-class priority-mail letters, cards and packages by Dec. 11 to ensure on-time delivery.

SAM packages are first transported domestically by surface and then overseas by air on a space-available basis.

PAL service is space-available air transportation for parcels up to 30 pounds and 60 inches in length and girth combined.

Different fees apply for standard mail, SAM, PAL and priority mail. For complete information on the Military Postal Service Agency, visit their Web site at <http://www.hqda.army.mil/mpsa/about.html>.

Packaging can affect whether or not a gift arrives unscathed. Follow these U.S. Postal Service guidelines:

- Outer wrapping: If a box itself is adequate for mailing, don't use wrapping paper. If wrapping paper is necessary, paper as strong as a regular large grocery bag is recommended.

- Cushioning: Cushioning is important to absorb and distribute shock, pressure and vibration. Cushion each individual item above, below and on all sides. Examples of cushioning

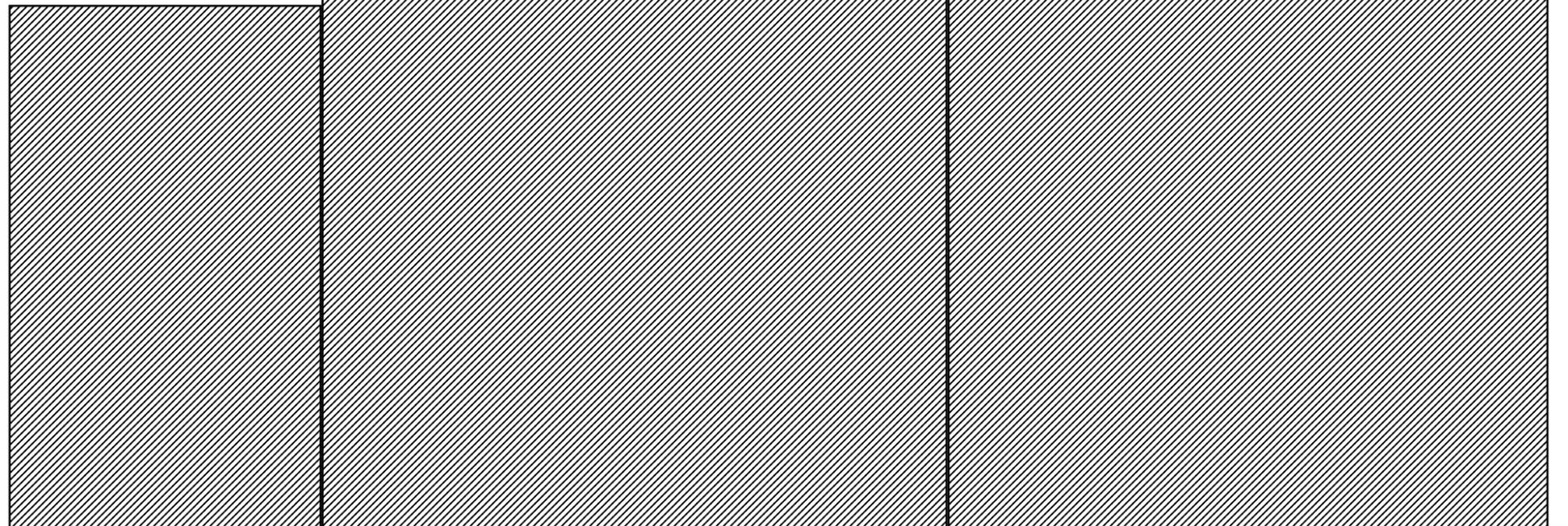
See MAIL page 12

### BRIEFS from Page 3

emergency. Anyone wishing to donate leave under the Leave Sharing Program may obtain a donor application through their division administrative officer. For more info call Pat Snyder, 577-7284.

### Safety Shoes

Safety shoes are available October 25 at the Bldg. 573 parking lot from 7-11 a.m. and the parking lot at the east end of Bldg. 236 from noon-2 p.m.



# MAINTENANCE CENTER BARSTOW

Commander's Corner



Photo by Curt Lambert

Colonel Ervin Rivers, Maintenance Center Commander, receives the Legion of Merit Medal from Col. Mark A. Costa, base commander, for "... exceptionally meritorious conduct in the performance of outstanding service while serving as Section Head, Material Policy Section, Logistics Plans and Policies Branch, Headquarters, United States Marine Corps." While serving in this position, Col. Rivers was instrumental in developing the programmatic logistics solutions across the Future Years Defense Plan among other achievements.



## Execution, completion of MK-14 trailers

By Robert Pettit

Communications, Electronics and Metrology Business Center

The Maintenance Center was tasked with working on the MK-14 Trailers. Completion of this workload on schedule was critical towards improving our financial performance.

There were 35 trailers scheduled for the "work line" and the schedule further called for 5 completions per

month. One of the conditions of this line is that the assets must be completed within schedule (before the end of the fiscal year), and all dollars executed by completion of the job.

The task was assigned to CWC-737 because of their expertise in rebuild/repair of a variety of assets.

During the year there were small problems associated with locating and inducting assets and procuring brake shoes for the vehicles. All obstacles were quickly overcome and the shop stayed on schedule for successful completion.

The goal was to complete all vehicles by the end of August so that financial issues could be settled by the end of the fiscal year. The goal was exceeded when the final (35th) trailer was "sold" August 18. All trailers were completed more than six weeks ahead of schedule, and the dollars executed were also on schedule and did not exceed the funds allocated.

The shop supervisor, Fred Welsh, and his work force once again excelled at an assigned task.



Photo by Greg Langston

**Maintenance Center Barstow information is now available on the Intranet**

The Maintenance Center Barstow Intranet Page can be viewed by going to:

<http://www.mclbonline.barstow.usmc.mil>

Click on Organizations, then click on Maintenance Center Barstow.

Business Center and Department telephone numbers are listed.

Categories of information include ISO 9000 Newsletter, Maintenance Center Tours, Maintenance Center Highlights, and Facts and Fiction.

Maintenance Center Commander: Col. Ervin Rivers  
Maintenance Center Deputy Commander: Gary Baker

Editor: Dianna McCormick  
Commander's Corner phone numbers: 577-7054/7055



Photo by Cpl. Brian Davidson

Lance Cpl. Patrick J. Snyder, legal clerk, swings his leg over the railing as GySgt. David S. Wersinger, training chief/rappel master observes.

## HqBn in training

By Cpl. Brian Davidson  
BARSTOW LOG staff

All Marines learned how to tie their own field expedient rappelling harness from a length of rope at boot camp, but MCLB Marines employed high-speed, tactical rappelling harnesses during the training conducted at the base fire tower Wednesday morning.

At the rappel tower Marines began their refresher training with a safety briefing from the rappel master, who placed special emphasis safety.

Once the rappelling began, confidence levels arose with each bound down the tower wall, prompting the rappel master to lead the eager Marines on to the next level in their training; basic tie-off techniques.

The squad stared intently at the demonstration taking place before them. They were about to execute techniques most of them had only seen in movies or on television.

"It is not everyday that you attempt

to hang upside-down by a rope from a building. The helmets only protect your head," said LCpl. Patrick J. Snyder, legal clerk.

The rappel training is one of the Basic Warrior Skills training periods Barstow Marines can look forward to in the coming months as Headquarters Battalion steps up training.

The first unit integrity and conditioning hike tomorrow, followed by a battalion field meet, signals the beginning of a series of hikes. As the fall season approaches the number of conditioning and unit integrity hikes will increase, according to Maj. Kathy J. Maloney, HqBn. commander, because more favorable weather conditions in the Mojave permit more training.

Also, recent repairs to the Marksmanship Training Unit's Indoor Simulated Marksmanship Trainer enabled the first Marines in nearly a year to undergo training on the system Thursday.

Many Marines welcome the increased opportunities for training.

"To do this kind of oorah training is one of the reasons why Marines join the Corps," said LCpl.

Gabriel A. Lopez, pay clerk. "Because we aren't attached to infantry units we don't really get to do as much of this kind of training as a lot of us wish we could."

LCpl. Eduardo H. Nuno, travel clerk, agreed, citing, "It can be easy to sometimes forget who you are when you work with so many civilians, and you're not in a field environment. When I was stationed in Okinawa I was able to do weapons training at the Jungle Warfare Training Center. Working with the weapons on the ISMT refreshed my memory."

"We are Marines first. Being a Marine means being a basic rifleman," he added.

Aside from going back to the basics the training breaks up the day-to-day boredom that accompanies being a desk-bound Marine, according to GySgt. David Wersinger, training chief.

"Training like we conduct on the rappel tower and the ISMT serves the purpose of adding variety to routines the Marines here experience, being that this is not a highly operational unit," said Wersinger. "Because I am a rappel master, we can conduct that type of training. Participation levels will determine how much and how we often use the ISMT, and Marines will be able to engage in pugil sticks as soon as the remainder of the protective gear arrives."

Wersinger had hoped to hold the first pugil stick matches at the field meet.



Photo by Cpl. Brian Davidson

Safety is key in training, especially when heights are involved.

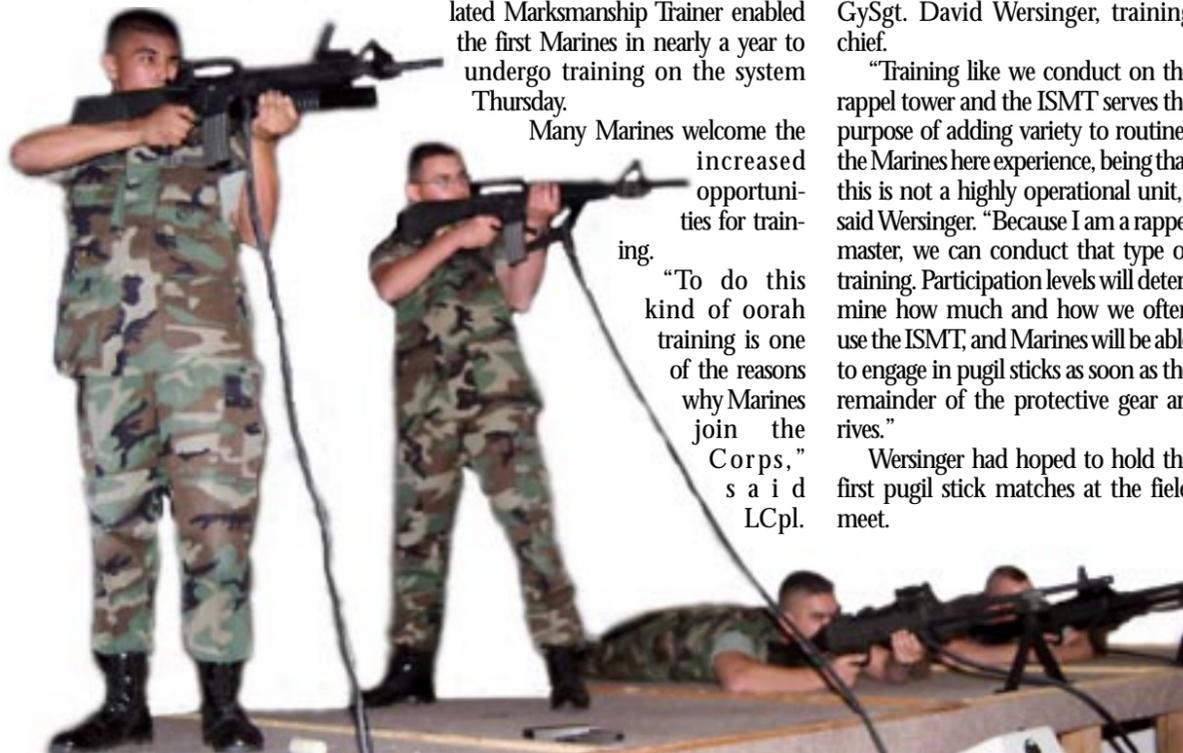


Photo by Cpl. Brian Davidson

The ISMT is the Indoor Simulated Marksmanship Trainer. The two Marines on the left fire M-16s while the other two fire the M240G machine gun. The cables lead to a computer which analyzes the Marines' marksmanship technique.



Photo by Cpl. Brian Davidson

Lance Cpl. Nicole D. Verene, admin clerk, practices a tie-off technique.



(Left) Lance Cpl. Nicole D. Verene hangs in the cradle as GySgt. David S. Wersinger, training chief/rappel master, gets her out of a bind she created in her first attempt to perform a tie-off.

FORUM from Page 2

Q: Also, how can you need another person when employees from C&P took the buyout? If the job is that important the buyout should not have been offered to that series.

Thank you for your interest; your questions provide me an opportunity to explain the situation.

The command has requested the Commandant of the Marine Corps authorize us to hire a person under the Consolidated Civilian Career Training Program.

The intent of the CCCT program is to increase efficiency and economy and to develop and retain a diversified work force of skilled employees. The program is funded by Headquarters Marine Corps and is used to provide training of individuals for projected vacancies while the incumbent is still on board. To date, this request has neither been approved nor denied.

The CCCT program is designed as a two-year program. CCCT interns receive excepted-service appointments for up to two years at grades GS-5 through GS-9 with the possibility of a one-year extension. The incumbent will vacate the specific position being recruited in C&P within that period through planned retirement.

Our intent, if the position is approved and funded, is for competitive merit staffing procedures to be used in the recruitment process.

Therefore, any Department of Defense employee who can qualify as a GS-5 in the 1102 series is eligible to apply for the position under

Resumix.

Let me make this perfectly clear, *in no way has an employee outside of the command been pre-selected to fill the CCCT position.*

It is correct to say that two people in the C&P Division received buyouts. Both were eligible for retirement.

Neither position will be filled, which lessens the impact on the remaining work force.

There is another planned hiring action that involves an Intern Program billet. The intent of the

**I am using every program and resource available to plan for the future while we offer our departing work force every benefit.**

Intern Program is to hire a replacement to train for the position of an individual who has designated a retirement date within three years.

The program is totally funded by the Navy and is used to provide training of individuals for projected vacancies. Qualifications for this program entail a four-year degree and a 3.45 grade point average from an accredited college.

When a command requests to fill a vacancy or an anticipated vacancy using this program a list of candidates is issued to the selecting official from the Department of the Navy.

Management makes a selection from the eligible candidates and

returns the list to the Department of the Navy. The person selected is notified and, if they accept the internship, a two- to three-year training program begins.

After successful completion of the internship the intern may be non-competitively converted to a permanent position at the full performance level.

C&P Division was approved for an intern position and attempted to hire an intern from the Navy register. The person selected was interviewed and initially accepted the position.

However, for their own reason, they later declined the offer.

A new register was requested at the beginning of the new fiscal year.

C&P Division is facing a significant human resource challenge, with a high percentage of individuals eligible to retire. If they choose to do so, that would leave a void of technically qualified people to perform the mission.

If immediate action is not taken to get technically trained people to fill some of these positions, eventually there will not be enough expertise left to run the office.

The CCCT and Intern Program provide the command options to bring on board and train individuals to carry on after those who can leave do leave. And, as stated, the CCCT position will be open to any and all who qualify; while the Intern Program has more restrictive requirements.

I am using every program and resource available to plan for the future while we offer our departing work force every benefit.

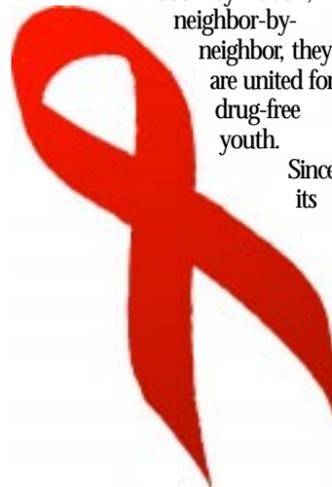
Thank you for raising this issue, I know many people have questions on this recruiting program.

## The Red Ribbon Week Story

The Red Ribbon Celebration starts with the smallest gesture: a child pinning a Red Ribbon to his shirt, a young girl wearing a Red Ribbon wristband, a classroom planting red tulips, a business displaying a Red Ribbon banner, a community hosting a Red Ribbon family event. Though these acts are simple, their significance is tremendous. Each Red Ribbon has the potential to reach a boy, a girl, a caring adult or a family in a profound way. The Red Ribbon is a catalyst and symbol for millions of Americans who show that

ribbon-by-ribbon, neighbor-by-neighbor, they are united for drug-free youth.

Since its



beginning in 1986, the Red Ribbon Celebration has touched the lives of more and more people each year. It all began with the brutal murder of Enrique "KiKi" Camarena, a Drug Enforcement Agent assigned to a case in Mexico. Enrique was shockingly close to uncovering the identities of key members of a Mexican drug cartel. He was kidnapped brutally tortured and killed just days before he was to identify kingpins of the illegal drug business in Mexico. Angered by KiKi's death and the destruction caused by drugs and alcohol in America, the young people of KiKi's hometown of Calexico, Calif., began wearing Red Ribbons in honor of the fallen hero.

Millions of young people and adults annually celebrate a healthy, drug-free life by wearing or displaying a Red Ribbon during the Red Ribbon Week Celebration, October 23-31.

Join the millions of volunteers working together for a drug-free America.

For more info on Red Ribbon Week, call MSgt. Wanda M. Collins, 577-6533.



By Jim Gaines  
MCCS Publicity

**October Sale continues at MCX**

Midway through the October Sale underway at the MCLB Exchange and the great bargains continue. Here are some of the buys awaiting you; George Foreman grills at the low price of just \$44.99, all electronics are 5 percent off, RCA Web TVs are 10 percent off, RCA MP3 Lyra 15 percent off, JVC DVD 3-disc player now at only \$279.99, JVC DVD (3-D Phonic) sale price just \$219.99, plus the fall and winter mens and women's line of clothing has arrived – and the exchange is offering a low early season price on all items.

New designs by famous designers; DADA, No Limit, Ecko and Phatfarm.

Come in and check out these great buys during the October Sale, also check out the exchange's everyday low prices on non-sale items.

The Exchange/7-Day Store is open Monday – Saturday from 8 a.m.–9 p.m. and Sunday from 10 a.m.–6 p.m. Call 256-8974 for details.

**Lunch menu for this week**

This week's lunch menu at the Family Restaurant & Cactus Cafe:

- Today** – Salisbury steak.
- Friday** – Tuna casserole.
- Monday** – Enchilada casserole.
- Tuesday** – Baked ham.
- Wednesday** – Steak and french fries.
- Thursday** – Mushroom stuffed chicken.
- Friday** – Fish sticks and shrimp.

All above meals served with vegetable, coffee, tea or soft drink.

Lunch is served Monday–Friday at the Family Restaurant from 10:30 a.m.–12:30 p.m. Lunch is served Monday–Friday at the Cactus Cafe from 11:30 a.m.–noon. Price is \$3 military, \$4.50 civilian.

The Family Restaurant offers a la

carte and sub sandwich menus for lunch.

The Cactus Cafe offers limited a la carte and sub sandwich menus for lunch. Call 577-6428 for info.

**Family Restaurant full service**

The Family Restaurant offers breakfast, lunch and dinner service.

**Weekdays**

Breakfast is served from 5:30–7:30 a.m. Price: \$1.50 military, \$3 civilian.

Lunch is served from 10:30 a.m.–12:30 p.m. Price: \$3 military, \$4.50 civilian.

Dinner is served from 4:30–6 p.m. Price: \$3 military, \$4.50 civilian.

**Weekends and Holidays**

Menu service for breakfast, lunch and dinner: 9 a.m.–2 p.m.

**Family Night Dinner menu**

**Tonight** – Pasta Night.

**Next week** – Chicken Dinner Night.

Family Night dinners are served Thursday evenings at the Family Res-

taurant from 4:30–7:30 p.m.

Prices: (military and civilian) \$4.50 adults, \$2.50 children (5–11 years), children 4 years and under are free.

Everyone is welcome. Bring your family and friends and enjoy a delicious meal.

**Fun park ticket price changes**

Disneyland ticket prices have changed for the fall and winter seasons. Call or drop by for the new prices.

Magic Mountain has begun their winter hours and will be open only on weekends and holidays.

Check with ITT before you make plans to go.

Call ITT at 577-6541 for details. ITT is open Monday–Friday from 8:30 a.m.–4 p.m. Closed Saturday and Sunday. You can pick up your tickets after ITT business hours at the Bowling Center, Wednesday–Friday from 4–6:30 p.m. and Saturday and Sunday from 10 a.m.–5:30 p.m.

The Bowling Center phone number is 577-6264.

**San Bernardino Ceramics Show**

The Ceramics Hobby Shop is hosting a field trip to the Ceramics Show in San Bernardino Saturday. There is a \$5 fee for the trip and a \$5 entry fee to the show. The van departs from the Ceramics Hobby Shop at 7 a.m. with a stop for breakfast.

The Ceramics Hobby Shop is open Wednesday–Friday from 11 a.m.–7 p.m., and Saturday and Sunday from

10 a.m.–6 p.m.

Call 577-6228 for more details.

**TAP Briefings & Workshop**

Transition Assistance Program

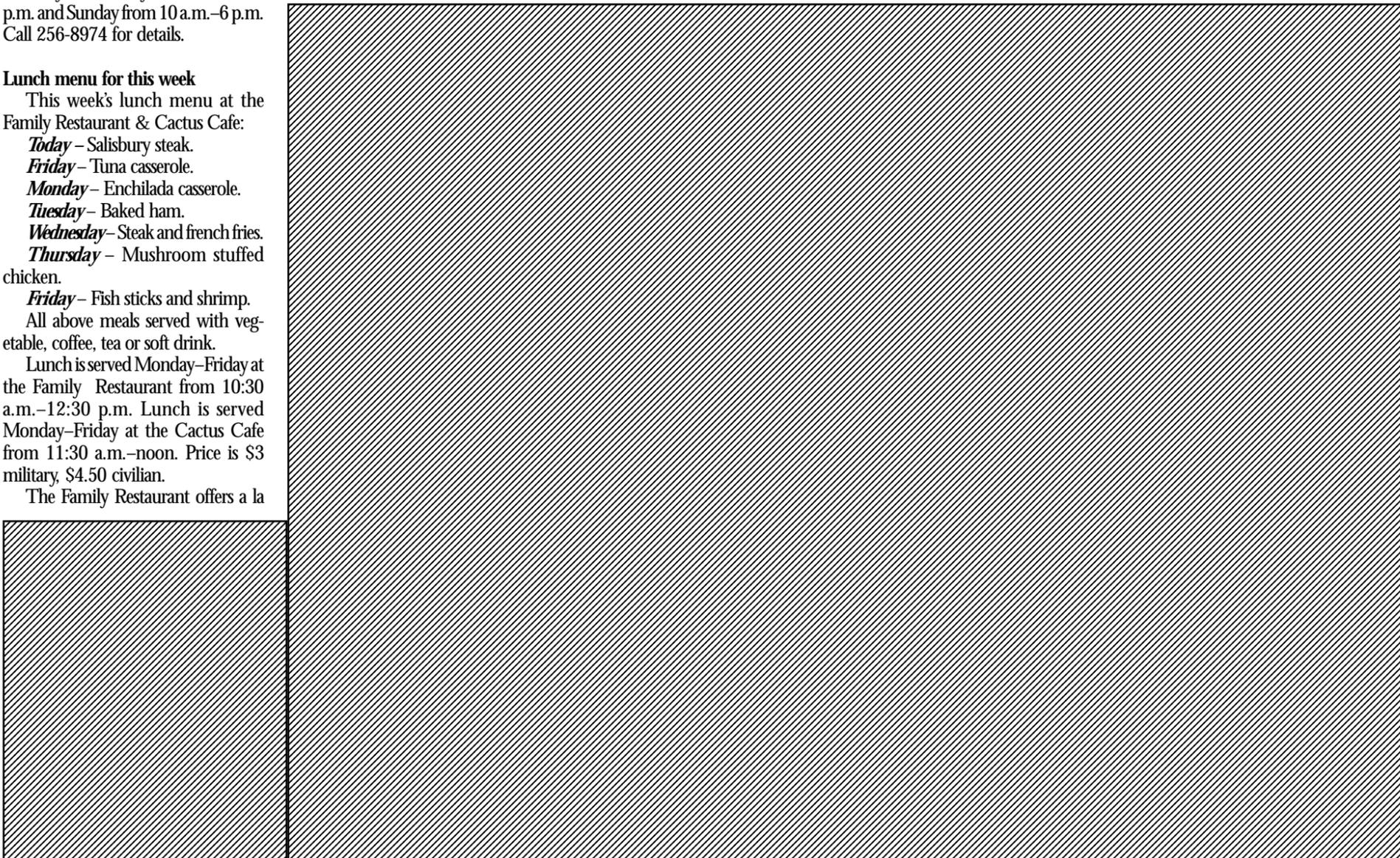
Briefings and Workshop for separating and retiring military personnel will be held in Bldg 37, from 8 a.m.–3:30 p.m., Monday–Thursday.

For details call 577-6287.

**Scary Halloween Stories**

The Base Library will host "Halloween Story Time" with Helen Riley on Friday, October 27 at 4:30 p.m. There will be spooky stories and a skit with teenagers and puppets.

Children of all ages welcome. Helen Riley is the Children's Librarian for the Barstow Branch of the San Bernardino County Library. For more information on this event call Robin Cross-Walker, the base Librarian at 577-6395.



# SPORTS



Photo by Cpl. Brian Davidson

Brian McClune streaks to first base after hitting the softball deep into center field at the start of the fourth inning.

## Bulldogs fall to MT&S in semifinals

By Cpl. Brian Davidson  
BARSTOW LOG staff

The MCLB Barstow Bulldogs missed their opportunity to bring home hardware from the Barstow City League Softball Championship losing two games back-to-back against Miller Transfer and Storage.

The match-up is one of the fiercest rivalries in the league. The lack of love between the two teams was evident early in the best-of-three game match-up. In season play the Bulldogs faced off against MT&S twice, both teams walking away with a victory each.

In the first game of the night the Bulldogs pounded MT&S racking up nine runs to MT&S' two until a late rally in the sixth inning moved the game in a different direction.

MT&S brought out the big guns. A combination of errors committed in the infield and consistent line drives put MT&S back into the game. The seventh inning ended 12-14, Bulldogs down and frustrated.

The Bulldogs kept the pace, but came up short losing 14-16.

Losing the opening game by a slim margin put the Bulldogs in the hole. Coach Johnny Garcia regrouped his frustrated sluggers on the bench, emphasizing communication and the mission; to win, in a motivational speech during a break in action before the second game.

Opening the second game with a do-or-die mentality, the Bulldogs took to the field with bats blazing.

The batting line-up connected for four runs in the first inning and three more in the second inning putting the

Bulldogs ahead, 7-0.

MT&S couldn't answer back. Their sticks were cold, and the steel curtain of the defense shut them out. Two tough calls from the umpire and jeers from their bitter rivals kept the competition heated, possibly tipping the scales in MT&S' favor.

MT&S opened the floodgates on the Bulldogs in the third inning scoring eight runs. The Bulldogs scored a single run.

MT&S brought the Bulldogs' season and aspirations of winning the league championship to an end by shutting them out 18-8.

Bulldogs coach Johnny Garcia put the team's season into perspective saying, "Each player put out 100 percent effort and worked very hard, but we came up short."

Plans are already in the works to ensure the Bulldogs take top honors next season, according to Garcia. "We have a good nucleus, and we're going into the next season with more than half of our players from this team," he said. Garcia noted that the team is taking some time away from the game to heal injuries and relax, but practices for the 2001 season are slated to begin in February.

## GUNNY'S PICKS

Week 8

This week's winner, LCpl. John Hubbard, a Headquarters Battalion admin clerk, had a few choice words for all of his fellow Gunny's Picks competitors.

"For all of you out there who didn't know and were trying to clown on the (Adjutant's Office) ... we are back. The Adjutant is going to be banking from now on," he boasted.

The challenge has been issued.

Miami fans should take this challenge to heart as Hubbard insists the Jets will roll over the Dolphins in Monday Night Football.



Detroit at Tampa Bay\*  
New Orleans at Atlanta\*  
\*Denver at Cincinnati  
Arizona at Dallas\*  
New England at Indianapolis\*  
\*St. Louis at Kansas City  
\*Washington at Jacksonville

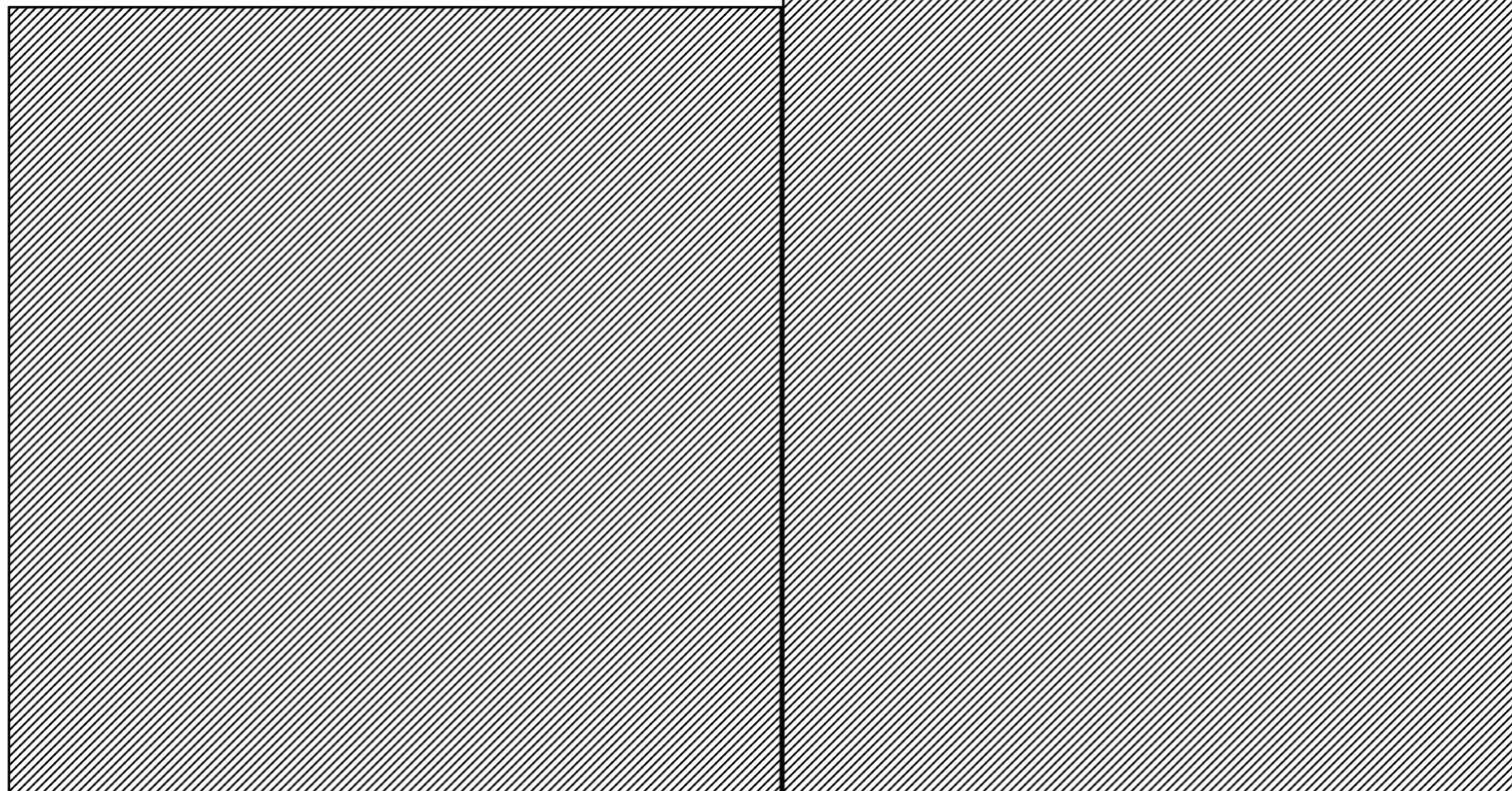
Buffalo at Minnesota\*  
Chicago at Philadelphia\*  
\*San Francisco at Carolina  
\*Tennessee at Baltimore  
Seattle at Oakland\*  
\*Cleveland at Pittsburgh

### Monday Night

Miami at NY Jets\* (45)

Total points: \_\_\_\_\_

Name, work section and phone number: \_\_\_\_\_  
Monday night's game is a tie-breaker and must include a total score.



Please submit all Trader Ads to [editor@barstow.usmc.mil](mailto:editor@barstow.usmc.mil).

1987 OLDS CUTLASS SUPREME:  
New paint and trans., clean interior,  
A/C, P/S, P/B, \$1,500. Call 243-2080  
AWH. Ask for Otis.

1997 TOYOTA PREVIA MINIVAN:  
Dual A/C, cruise control, luggage  
rack, loaded, 57K miles, clean inside  
and out, book value \$20,318, ask-  
ing \$17,500. Call 255-3045.

MISCELLANEOUS: Ford F150-  
F350, 1997-2000 factory sliding rear  
window, one for extra duty cab, one  
for standard cab, new, \$250 and  
\$200. Call 243-1392.

MISCELLANEOUS: Crankshaft  
fresh 10/10, \$125; Pinto 2.3, 4 cyl.  
Head, bare no cracks, \$100; Crank-  
shaft 10/10, \$100. Call 243-1392.

MISCELLANEOUS: Healthrider ellip-  
tical crosstrainer, incline adjustment,  
six workout programs, console dis-  
plays time, distance, speed and calo-  
ries burned, rarely used, \$300 OBO.  
Call 252-7126.

MISCELLANEOUS: Patio table \$25;  
Sears electric lawn mower, \$50; bar-  
becue grill, charcoal, \$10. Call 255-  
3045.

MISCELLANEOUS: Antique  
Dynaphone parlor radio with phonog-  
raph on top, works, \$100. Call 252-  
4352.

MISCELLANEOUS: Grass trimmer,  
cordless, battery rechargeable, \$25;  
Health Rider abdominal roller, \$10;  
22-piece screwdriver, Phillips and  
Torx (new set), \$15. Call 242-8839.

MISCELLANEOUS: AM/FM radio/  
tape cassette recorder/player, with  
10½"x14½" detachable speakers,  
\$25. Call 242-8839.

MISCELLANEOUS: Brown/beige  
high/low carpet, 63 sq ft, \$50; Acer  
Aspire computer, 15" monitor and  
printer, lots of software and acces-  
sories, \$100. Call 253-5926.

MISCELLANEOUS: Washer/dryer,  
stackable, apt size, 110v, like new,  
\$500. Call (909) 446-0754 after 5:30  
p.m.

PETS: Bare-eyed Cockatoo, large  
vocabulary, w/large cage and acces-  
sories and 50 lbs. seed, health certi-  
ficate, \$1,800. Call 253-5926.

PETS: Patagonian Conure w/large  
cage and accessories, talks, in-  
cludes 50 lbs. seed, health certifi-  
cate, \$900. Call 253-5926.

**MAIL from Page 5**

include plastic "popcorn," corrugated cardboard and shredded newspapers. Slightly overfill the mailing container with cushioning material to minimize settling and shifting.

- Several items, fragile items: When several items are packaged together, they should be protected from one another as well as from external force.

- Tape: Cellophane and masking tapes aren't strong enough and should not be used in mailing.

- Address: Each package must show a complete delivery address on the container or on a label attached to the con-

tainer. A return address must be placed in the upper left corner of the container or the label. This can aid in delivery if the address on the outside of the container should become unreadable or the package is damaged. Markings from all previous mailings should be obliterated. For more extensive info, visit the U.S. Postal Service Web site at <http://www.usps.gov>.

**International Mail Guidelines**

International mail addressed to:	Air letters and cards	Air Parcel Post	Surface
Africa	Dec. 4	Dec. 4	Oct. 27
Asia-Pacific Rim	Dec. 11	Dec. 11	Nov. 3
Australia/New Zealand	Dec. 11	Dec. 11	Nov. 3
Canada	Dec. 15	Dec. 15	Nov. 24
Caribbean	Dec. 11	Dec. 11	Nov. 11
Central/South America	Dec. 4	Dec. 4	Nov. 3
Mexico	Dec. 11	Dec. 11	Nov. 11
Europe	Dec. 11	Dec. 11	Nov. 11
Middle East	Dec. 11	Dec. 11	Oct. 27

**WORD from Page 4**

It will check your system and recommend updates.

"Never install software from unknown sources or trust freeware to protect your privacy," he said. The Symantec Corporation Web site at <http://www.symantec.com> offers a free security analyzer to check your system for "spyware," he said. Freeware often has built-in spyware code that allows advertisers to track where you go on the Internet.

Hoopas said people should test their connections to the Internet. He suggested users try the Web site <http://grc.com/default.htm>, which has a "Shields Up" application to check your personal computer. He said personal "firewalls" - electronic barricades - also offer some protections and suggested interested people go to <http://www.zonelabs.com> for information.

He said people should use credit card information on the net wisely. "Only use secure sites," he said. Web browsers indicate secure sites with a lock icon and "https://" preceding the Internet address, he said. People who are still concerned about using their credit cards online might consider getting and using a credit card with a minimal credit line. Also, some credit cards will also promise "zero liability" for Internet fraud, he said. Everyone should minimize the personal information they share online. "You should always use nicknames or 'handles' to protect your identity on chat sites or bulletin boards," he said.

Finally, he said people should use encryption or other tools when transferring sensitive information over the Internet. The current common encryption standard is called "128-bit SSL," for "secure sockets layer." The two major Web browsers, Microsoft Internet Explorer and Netscape Navigator, can both be configured with 128-bit SSL or upgraded to it. The previous 40-bit SSL standard found in older browser versions is no longer considered safe in the face of code-cracking hackers.

For more info regarding computer security, contact the base Information Systems Office helpdesk at 577-6756.

